



Program Guide

September–December 2018



Group Exercise classes pages 6–7

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812-349-3720
bloomington.in.gov/TLRC

 **Twin Lakes Recreation Center**

 **btownparks**





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September–December 2018

1700 W. Bloomfield Rd. • 349-3720
bloomington.in.gov/TLRC
Fax: 349-3707

Summer hours June 1–August 31:

Monday–Friday: 6 a.m.–9 p.m.
Saturday–Sunday: 7 a.m.–9 p.m.

Hours September 1–May 31:

Monday–Friday: 6 a.m.–10 p.m.
Saturday–Sunday: 7 a.m.–10 p.m.
Labor Day (September 3): 7 a.m.–1 p.m.
Thanksgiving Day (November 22): Closed
Day after Thanksgiving (November 23): 7 a.m.–1 p.m.
Christmas Eve (December 24): 7 a.m.–1 p.m.
Christmas Day (December 25): Closed
New Year's Eve (December 31): 7 a.m.–1 p.m.

Daily admissions (non-member)

- Adults ages 18–59 yrs.: **\$8**
- Youth ages 7–17 yrs. and adults ages 60 yrs. and up: **\$7**
- Youth ages 6 yrs. and younger admitted **free** with adult 18 yrs. and up.



Twin Lakes Recreation Center



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Front cover: Cardio Kickboxing provides a total body workout.
Photo by Sarah Owen.

All phone numbers for Bloomington Parks and Recreation staff and facilities are in the 812 area code.



Look for the volunteer symbol throughout this guide for ways to get involved.



Heart-healthy program

Photo policy

Parks and Recreation staff may videotape or take photos of participants in programs and at special events or of people in parks or on park properties. These photos may be used in future program guides, brochures, fliers or other materials used to promote Parks and Recreation.

Substitution policy

Parks and Recreation reserves the right to use substitute instructors and alternate facilities when necessary.



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Corporate Wellness Programs

As the cost of health care continues to grow, companies are exploring ways to prevent illness and reduce health risks for their employees while realizing the overall benefits of a healthy workforce. From a healthy lifestyle to a healthy workplace, the TLRC staff is here to help you customize a wellness program that fits your company's goals and health care mission. For more information, contact our Membership Coordinator, Megan Stark, at 349-3770 or starme@bloomington.in.gov.

Fitness Assessments

Take control of your health by learning as much as you can about your fitness level. Fitness assessments are a common and useful part of any exercise program. The data collected from a fitness assessment gives you a starting point, and provides a baseline to compare to as you make progress toward your fitness goals. Contact Megan Stark at 349-3770 or starme@bloomington.in.gov to learn more about body composition tests, or to schedule a fitness assessment. Knowing your numbers can help you track progress toward your goal for a fit and healthy body! **Twin Lakes Recreation Center membership is not required to have a fitness assessment by one of our professional personal training staff.**

Fitness assessments include:

- Free recording of your resting heart rate and blood pressure.
- Optional tests for estimates of body composition, in particular body fat:
 - Skinfold analysis: \$25
 - Bioimpedance analysis: \$5

By appointment only • For all ages.

Gift of Wellness

TWIN LAKES RECREATION CENTER
City of Bloomington Twin Lakes Recreation Center
1700 W. Shattuck Rd., Bloomington, IN • 47403-3603/3770
Open Monday-Friday, 5 a.m.-10 p.m. and Saturday-Sunday, 7 a.m.-10 p.m.

This gift of wellness is to: _____

From: _____

For: _____

Sold by: _____ Date: _____
Gift Certificate expires 90 days from date of purchase.

Give a gift that will make a difference in someone's life. A gift certificate to the Twin Lakes Recreation Center opens the door to fitness and fun! With a full fitness center,

group exercise classes such as ZUMBA and Pilates, five newly refinished basketball courts, an indoor 1/5-mile track and indoor turf field, your special someone will have access to a whole world of wellness. Gift certificates are valid for 90 days from the date of purchase. To purchase a TLRC gift certificate, stop by the Twin Lakes Recreation Center.

Memberships

See back cover.

Rentals

See back cover.



**Twin Lakes
Recreation Center**



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Promote your products and services at the Twin Lakes Recreation Center:



Reach your target market at the Twin Lakes Recreation Center, our multi-purpose facility offering programs and services that help make Bloomington a healthy, active community. This 100,000 sq. ft. sports, fitness and recreation complex serves thousands of diverse customers each year, from elite youth basketball teams to preschool soccer players. It is the perfect place for you to share your company's message and reach your target audience. The facility features a 1/5-mile elevated indoor track, strength equipment and free weights, state-of-the-art cardio studio, five hardwood courts, indoor turf field, mirrored exercise studio, and meeting rooms. The Twin Lakes Recreation Center is home to Andrew Frank basketball camps, AAU local and regional tournaments, Bloomington Youth Basketball, and youth and adult soccer.

Reach these target markets

- 300,000 annual visits
- 1,200+ active adult members
- more than 800 SilverSneakers members (ages 55 yrs. and up)
- 600+ Bloomington Youth Basketball players
- local and regional basketball and other sports tournaments

Custom opportunities to connect with your market

- Our custom advertising packages can give you more than just signs!
- Set up a display at the TLRC during tournaments or peak visitation.
- Place coupons, menus, or brochures in our literature display areas.
- Run a custom TV spot on our four closed-circuit TV screens all day, every day.
- ... and more!

Price points for 96" x 42" banners (per year)

Court 1: \$1,500

Courts 2-5: \$1,000

Turf: \$1,000

Studios: \$800

Larger banner sizes available.

**For more information, contact Julie Ramey
at 349-3719 or rameyj@bloomington.in.gov
or Sarah Owen at 349-3739
or owensa@bloomington.in.gov.**



Turf Time for Toddlers

The indoor turf field at the Twin Lakes Recreation Center provides you and your young child with ample space to run, play, and practice ball throwing, catching and kicking skills. **This free-time play is parent or caretaker supervised physical play. TLRC staff does not supervise this area during the program and children cannot be dropped off without supervision. For more information, contact the TLRC at 349-3720.**

Tu, Th • 9:30–10:30 a.m.

\$5, FREE for TLRC members • For ages 1–6 yrs. w/parent.

Basketball Future Stars

Future Stars is an introduction to basketball for preschool children. The focus is on learning how to dribble, pass, shoot, play defense, team play, and, of course, lots of fun! Parent participation is welcome and encouraged. Wednesday Future Stars is cancelled when MCCSC classes are cancelled.

Volunteer to coach a

Basketball Future Stars team!

Apply online at bloomington.in.gov/parks/volunteer.

Sa 10/27–12/8 • 10–10:45 a.m.

Register by 10/24 • 350303-A

W 11/7–12/19 • 4:45–5:30 p.m.

Register by 11/2 • 350303-B

\$50/in-city, \$55/non-city • For ages 3–5 yrs. w/parent.



EXCEL TAE KWON DO

See page 8.



LIGHTHOUSE
CHRISTIAN ACADEMY

1201 WEST THAT ROAD, BLOOMINGTON, IN 47403
812.824.2000 • www.mylca.info

CHAPMAN
ORTHODONTICS



BloomingtonBraces.com

812-822-2489

BLOOMINGTON
[SOCCER]

Class does not meet during MCCSC fall or Thanksgiving break week.

Registration is ongoing at bloomingtonsoccer.net.

Turf Tigers

Players ages 4–5 yrs. enjoy a terrific introduction to the world's most popular game! Classes feature age-appropriate activities and small-sided games to promote balance, coordination, creativity and comfort with the ball!

Summer: Th 9/6–10/11 • 5:30–6:15 p.m.

Fall: Tu 9/18–10/30 • 5:30–6:15 p.m.

Fall II: M 11/5–12/17 • 5–5:45 p.m.

Fall II: Tu 11/6–12/18 • 5–5:45 p.m.

Fall II: Th 11/8–12/20 • 5–5:45 p.m.

\$65 • For ages 4–5 yrs.

Little Kickers

Players ages 6–7 yrs. enjoy a terrific introduction to the world's most popular game! Classes feature age-appropriate activities and small-sided games to promote balance, coordination, creativity and comfort with the ball!

Summer: Th 9/6–10/11 • 6:15–7 p.m.

Fall: Tu 9/18–10/30 • 6:15–7 p.m.

Fall II: M 11/5–12/17 • 5:45–6:30 p.m.

Fall II: Tu 11/6–12/18 • 5:45–6:30 p.m.

Fall II: Th 11/8–12/20 • 5:45–6:30 p.m.

\$65 • For ages 6–7 yrs.

Bloomington Soccer Juniors

Training sessions on Wednesday nights enhance technical and fundamental tactical principles. Players return on Saturday for a schedule of games each week. Bloomington Soccer Juniors is appropriate for players with some soccer experience and a fundamental awareness of the game. It's best for players with an intermediate or advanced understanding of soccer.

Fall Training sessions

W 11/7–12/19 • 5–5:45 p.m. or 5:45–6:30 p.m.

Games

Sa dates vary by team • 8:45 a.m., 9:30 a.m., or 10:15 a.m.

\$95 • For ages 8–11 yrs.

U15 Boys/Girls/Coed League

A great opportunity to mix-it-up with players from other teams and cities as our up-and-coming high school stars keep their touch in the "off" season. Season includes seven regular season games and a tournament night.

F 11/9–12/21 and 1/11–1/18 • Between 6–9:30 p.m.

\$675/team fee • Register by 11/3.

U19 League

High school players form their own teams (may be coed) and compete—a great chance to show some creativity and enjoy playing with and against players from all over south central Indiana. Season includes seven regular season games and a tournament night.

W 11/7–12/19 and 1/9–1/16 • Between 5–9:45 p.m.

\$675/team fee • Register by 11/8.





For information about the league or season, contact league coordinators Scott Pedersen at 349-3774 or Chelsea Price at 349-3769.

Instructional Season I

Players in grades K–6 learn the fundamentals of basketball with professional instructor Tommy Weakley from Tier Ten! Sessions include instruction in passing, shooting, conditioning, rebounding, fundamentals of offense and defense, and how to apply learned skills in game situations. These sessions are in station format and provide skill progression from week to week. Registration fee includes a T-shirt.

Ages 5–6 yrs. • 5:30–6:15 p.m. • 350301-A

Ages 7–8 yrs. • 6:15–7:15 p.m. • 350301-B

Ages 9–10 yrs. • 7:15–8:15 p.m. • 350301-C

Tu, Th 9/4–9/27 • \$75 • Register by 9/3.

COACHES NEEDED: If interested in volunteer coaching, visit bloomington.in.gov/parksvol.

Mandatory Coaches Meeting and Coach Draft:

Coaches are strongly encouraged to attend evaluations in preparation for the draft!

Grades K–3: Wednesday, October 3 at 6:30 p.m.

Grades 4–6: Thursday, October 4 at 5:30 p.m.

All selected coaches must complete an online coaching certification course from the National Youth Sports Coaches Association (NYSCA). The certification fee for each coach is \$25. The online training is available at www.nays.org.

Season II

The Bloomington Youth Basketball league focuses on basketball fundamentals and the application of learned skills. Leagues are coed through grade 3; girls play in a girls-only league beginning in grade 4. Season includes weekly practices and games one night a week. Teams practice two nights a week for the first two weeks of the season, then one night a week for the remainder of the season.

Practice times and days are determined by the volunteer coach! Times can vary between 5:30–9:30 p.m. based on the volunteer coach's schedule. Parent/player requests for placement on specific teams are not accepted. All requests must be submitted by volunteer coaches.

Season runs October 15–December 20.

Practices begin the week of October 15.

Games begin the week of October 29.

Registration deadline is Friday, September 28.

Registrations are not accepted after the deadline.

Games and practices are not held the week of November 19.

Space is limited to a maximum number of players per age group. Once the maximum number of players is reached for each league, registration for that league will close. If your child's league fills, you may opt to place your child's name on a wait list. We will contact you if space becomes available.

Leagues, Game Days, and Registration Codes

Grade K • W • 350302-A

Grade 1 • M • 350302-B

Grade 2 • Tu • 350302-C

Grade 3 • W • 350302-D

Grade 4 Boys • Tu • 350302-F

Grade 5 Boys • Tu • 350302-G

Grade 6 Boys • M • 350302-H

Grades 4–6 Girls • Th • 350302-E

\$85 • Register by 9/28.

REQUIRED Evaluation Day:

In response to parent and coach feedback, and to ensure a fair distribution of skills per team, we will conduct a coach's draft.

These mandatory sessions are:

Grade K • 10/1 • 5:30 p.m.

Grade 1 • 10/1 • 6 p.m.

Grade 2 • 10/1 • 6:45 p.m.

Grade 3 • 10/1 • 7:15 p.m.

Grade 4 Boys • 10/2 • 6:15 p.m.

Grade 5 Boys • 10/2 • 7 p.m.

Grade 6 Boys • 10/2 • 7:30 p.m.

Grades 4–6 Girls • 10/2 • 5:30 p.m.

Make-up session 10/3 • 5:30 p.m.

Aerial Fitness Classes for Youth

ABA WINGS Youth

ABA WINGS Aerial Academy

Students progressively learn aerial skills increasing upper body and core strength, while achieving greater flexibility, range of motion, confidence, and stamina.

For ages 5–12 yrs. • ALL levels welcome!

For more information or to register, email WINGSaerials@gmail.com or visit www.WINGSaerials.com.

Beginner–Pro • \$8–\$15 per class

Tuesdays and Thursdays • 10 a.m., 5 p.m., 6 p.m.

Saturdays • 1 p.m., and Sundays • 4 p.m.

Circus Camps • Silks • Trapeze • Aerial Yoga

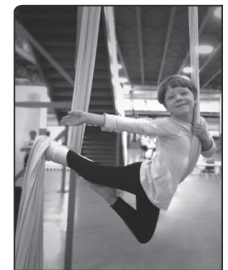


Aerialogy FLIGHT SPRITES

Aerial silks is a fun, exciting way for kids to gain confidence while building strength, flexibility, and body awareness. Our staff specializes in helping children master the silks as they learn to trust in themselves.

For youth ages 6–12 yrs.

For class information and registration, visit www.aerialogy.fitness.





TLRC Personal Training

develop a fitness program customized for you!



Get in better shape and stay there, regardless of age or current fitness level, with the personal trainers at the TLRC. Our personal trainers design programs that are individualized for your age, body, lifestyle and goals. TLRC personal trainers are certified, experienced, and educated. They have worked with a variety of people who have a broad spectrum of health and wellness needs. Personal training at the TLRC is the right step toward a healthy, active lifestyle.

A 30-minute wellness consultation is included as a part of each personal training package. If you are a non-member who is interested in a personal training package, you may purchase a 30-minute wellness consultation for \$20. If you decide to purchase personal training sessions the \$20 fee may be applied to cost of the personal training package. All personal training sessions must be used within six months of purchase. All training sessions are non-transferable and nonrefundable. **To set up an initial consultation, or for more information, contact Mark Sterner at 349-3768 or sternerm@bloomington.in.gov.**

MEMBERS SINGLE—One-on-one personal training sessions

3 one-hour sessions	\$130	15 one-hour sessions	\$525
5 one-hour sessions	\$210	20 one-hour sessions	\$650
10 one-hour sessions	\$400	25 one-hour sessions	\$775

MEMBERS BUDDY (2)—You and a friend

5 one-hour sessions	\$380
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NON-MEMBERS SINGLE—One-on-one personal training sessions

3 one-hour sessions	\$155	15 one-hour sessions	\$585
5 one-hour sessions	\$240	20 one-hour sessions	\$725
10 one-hour sessions	\$440	25 one-hour sessions	\$895

NON-MEMBERS BUDDY (2)—You and a friend

5 one-hour sessions	\$440
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Working with a personal trainer is a great way to get in shape.



Adult (50+) FREE Programs

Lower Level

The lower level is open for scheduled programming and rentals only. Members may request for individual use at the front desk.

For more information about the programs below, call 349-3720.

Advanced German

F • 1:30–2:30 p.m.

International Folk Dance



W • 1:30–3 p.m.

Lap Quilting

Tu • 9:30–11:30 a.m.

Legal Counseling

Counseling provided by Attorney Tom Bunger. Call 349-3720 to register. Participants are assisted on a first-come, first-served basis.

First Monday of each month • 3 p.m.

Steady Steppers



M, W, F • 9–10 a.m.

Tai Chi Qigong



W • 11:45 a.m.

Fitness Assessments

See page 1.

American Red Cross Adult and Pediatric First Aid/CPR/AED

Would you know what to do in a cardiac, breathing or first aid emergency? The right answer could help you save a life. With an emphasis on hands-on learning, our First Aid/CPR/AED courses teach life-saving skills. Certification is issued upon successful completion and is valid for two years. Free online refreshers are available with all course options. This course includes online content that **MUST** be completed prior to the first day of class. Class participation without completion of the online coursework is not permitted. If you need First Aid as a stand-alone class or if your group would like private First Aid/CPR/AED training, contact Chelsea Price at pricec@bloomington.in.gov.

Sa 11/3 • 9 a.m.–3 p.m. • Register by 10/26 • 320301-A
Sa 12/1 • 9 a.m.–3 p.m. • Register by 11/23 • 320301-B
\$50/in-city, \$60/non-city • For ages 12 yrs. and up.

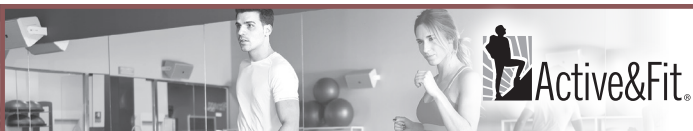


**Twin Lakes
Recreation Center**



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The TLRC is an Active&Fit participating facility. Active&Fit is an exercise and fitness program designed to help you achieve better health through regular exercise. The Active&Fit program includes membership at a local participating fitness center, website resources and support from Active&Fit's toll-free member services hotline, and website. Active&Fit provides no- or low-cost fitness memberships. If your health plan offers Active&Fit and you would like more information about the TLRC, please ask at the front desk or call 349-3720

You may also visit Active&Fit at www.ActiveandFit.com.

Active&Fit is a federally registered trademark of American Specialty Health Incorporated.

Photo by Freepik.



The Twin Lakes Recreation Center is a Silver&Fit participating fitness facility! Silver&Fit is designed specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low-cost fitness plans. Silver&Fit is provided by American Specialty Health Incorporated. If your health plan offers Silver&Fit and you would like more information about the TLRC, please ask at the front desk or call 349-3720.

You may also visit Silver&Fit at www.SilverandFit.com.

Silver&Fit is a federally registered trademark of American Specialty Health Incorporated.



The SilverSneakers program is the nation's leading exercise program designed exclusively for older adults. The program offers physical activity, health education, and social events for Medicare-eligible and Group Retiree members. If you qualify, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

SilverSneakers Circuit

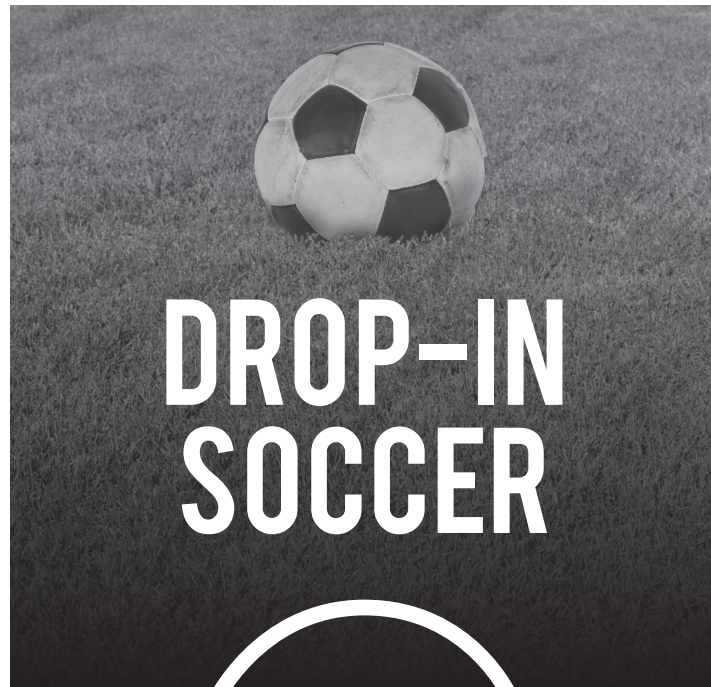
Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

SilverSneakers Classic

Have fun and move to the music through a variety of exercise designed to increase muscular strength, range of movement and activities for daily living.

SilverSneakers Yoga

Move your whole body through a complete series of seated and standing yoga poses.

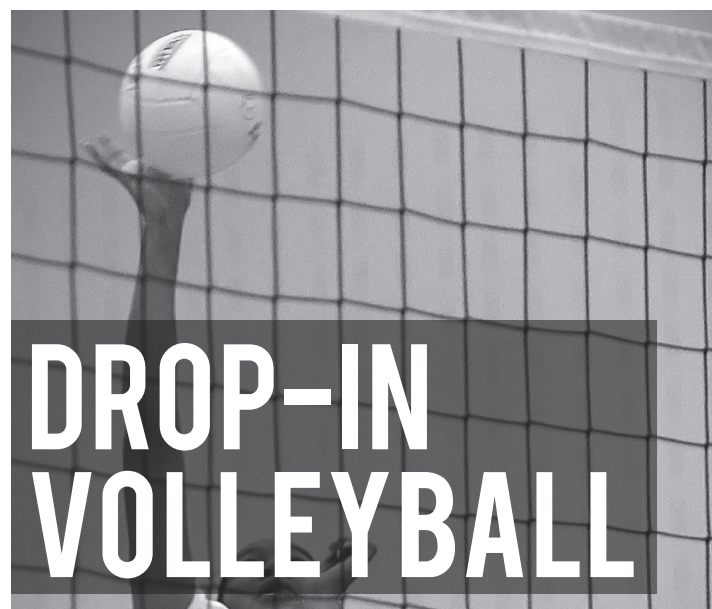


Sundays through Dec. 30

5:30–7 p.m. • Admission \$5/player • Free to members

- Games have a five-minute time limit.
- Winner stays on field.
- No slide tackling.
- No-contact rule.
- Played on the indoor turf.

This is pick-up soccer. Please exercise good sportsmanship at all times.



Wednesdays through Dec. 26 • 8–10 p.m.

Admission \$5/player • Free to members

- Games are played to 15 points.
- Winner stays on court.

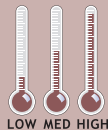
This is pick-up volleyball. Please exercise good sportsmanship at all times.

Weeknight adult volleyball leagues—see page 8.

Group Exercise



Use these thermometers to help you choose the group exercise class with the right intensity level for you.



Group Exercise Registration Policies

Session V: August 27–October 14 • Register by 9/2.

Session V FREE week: August 27–September 2

Session VI: October 22–December 16 • Register by 10/28.

Session VI FREE week: October 22–28

Class does not meet 9/3 or 11/19–11/25.

Group exercise classes are FREE to members!

Members must register at the TLRC front desk. Registration for group exercise classes extends through the first week of each session. All scheduled classes are held this week, so you can try out any classes that interest you for free! When you find one you like, register by the listed registration deadline. Classes that do not meet the minimum registration requirements after the first week will be cancelled for that session. Daily passes are available for \$10. See the front desk attendant to purchase a daily pass.

Cancellation policy

Full refunds are given for all classes cancelled by the Twin Lakes Recreation Center. Refund requests for any other reason must be submitted prior to the first day of class, and are subject to approval according to State Board of Accounts claim procedures. Allow four weeks for refund requests to be processed.

Beginning Yoga

This class focuses on posture alignment, freeing the shoulder girdle and pelvis, and synchronizing movement and breathing through basic yoga poses. Gain a simple foundation practice that can be useful every day and serve as a springboard to explore any style of yoga. Feel at home in your body, enjoy good health, move freely, and reduce stress.

Instructor: Allana Radecki

W 8/29–10/10 • 6:45–7:45 p.m. • Register by 9/2 • 350201-A

F 8/31–10/12 • noon–1 p.m. • Register by 9/2 • 350201-B

W 10/24–12/12 • 6:45–7:45 p.m. • Register by 10/28 • 350201-C

F 10/26–12/14 • noon–1 p.m. • Register by 10/28 • 350201-D

FREE/member, \$55/non-member • For ages 18 yrs. and up.

Class does not meet 11/21 or 11/23.

Body Blast

This class is a total body workout designed to make you sweat! H.I.I.T. (high-intensity interval training) principals maximize the hour you have dedicated to the gym. Body Blast is designed for all fitness levels, allowing both beginners and advanced gym-goers to feel an intense, full-body workout.

Instructor: Catherine Gossett

W 8/29–10/10 • 5:30–6:30 p.m. • Register by 9/2 • 350202-A

Th 8/30–10/11 • 5:30–6:30 p.m. • Register by 9/2 • 350202-B

W 10/24–12/12 • 5:30–6:30 p.m. • Register by 10/28 • 350202-C

Th 10/25–12/13 • 5:30–6:30 p.m. • Register by 10/28 • 350202-D

FREE/member, \$55/non-member • For ages 18 yrs. and up.

Class does not meet 11/21 or 11/22.

Boot Camp

Are you ready for a challenge? Take your body to the next level with this intense yet fun, fat-burning class! Combine weights, interval training and plyometrics to increase cardiovascular efficiency and overall strength. Get in and get fit!

Instructor: Pendah Jallow

W 8/29–10/10 • 6:45–7:45 p.m. • Register by 9/2 • 350203-A

W 10/24–12/12 • 6:45–7:45 p.m. • Register by 10/28 • 350203-B

FREE/member, \$55/non-city • For ages 18 yrs. and up.

Class does not meet 11/21.

Cardio Kickboxing

This class combines cardio, boxing and martial arts to provide a total body workout that improves strength, aerobic fitness, speed, flexibility, coordination and balance.

Try this popular fitness trend and kick, jab, cross, hook, and uppercut your way to a fitter you! Instructor: Janet Scott

M 8/27–10/8 • 5:30–6:30 p.m. • Register by 9/2 • 350204-A

M 10/22–12/10 • 5:30–6:30 p.m. • Register by 10/28 • 350204-B

FREE/member, \$55/non-member • For ages 18 yrs. and up.

Class does not meet 9/3— 350204-A is \$50/non-member.

Class does not meet 11/19.

Core 360

The most commonly neglected area of the adult body is the core. This class is designed to strengthen and balance all 360 degrees of the core! Improve posture and spine health through a variety of exercises that strengthen the rectus abdominus, transverse abdominus, obliques, and low back muscles. Join this class and tone your core fast!

Instructor: Janet Scott

Tu, Th 8/28–10/11 • 6:45–7:15 p.m. • Register by 9/2 • 350205-A

Tu, Th 10/23–12/13 • 6:45–7:15 p.m. • Register by 10/28 • 350205-B

FREE/member, \$55/non-member • For ages 18 yrs. and up.

Class does not meet 11/20 or 11/22.

Pilates

This class focuses on developing core awareness, strength, and flexibility, and teaches fundamental exercises drawn from the Pilates repertoire that engage and challenge the core. The workout is balanced, accessible, and valuable support for maintaining a healthy, integrated body for everyday life.

Instructor: Allana Radecki

W 8/29–10/10 • 5:30–6:30 p.m. • Register by 9/2 • 350206-A

W 10/24–12/12 • 5:30–6:30 p.m. • Register by 10/28 • 350206-B

FREE/member, \$55/non-member • For ages 18 yrs. and up.

Class does not meet 11/21.



**Twin Lakes
Recreation Center**



btownparks





Trekking

Get up and moving and run and walk with a coach! We will improve your form and speed for running and walking with a variety of speed, resistance, and agility drills. This class is a great fit for beginners or for regular runners and walkers who want to add variety to their workouts. Challenge yourself at your own pace! Instructor: Janet Scott

Sa 9/1–10/13 • 9–10 a.m. • Register by 9/2 • 350207-A
Sa 10/27–12/15 • 9–10 a.m. • Register by 10/28 • 350207-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.
Bryan Park—Rain location is the Twin Lakes Recreation Center.
Class does not meet 11/24.

Vinyasa Flow I

This class emphasizes joining breath and movement and is both physically challenging and rejuvenating. With the focus on strength, and balance, the class is perfect for those with yoga experience and also for anyone looking for a new type of workout! Instructor: August Greene

M 8/27–10/8 • 5:30–6:30 p.m. • Register by 9/2 • 350208-A
M 10/22–12/10 • 5:30–6:30 p.m. • Register by 10/28 • 350208-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.
Class does not meet 9/3—350208-A is \$50/non-member.
Class does not meet 11/19.

Vinyasa Flow II

If you have mastered Vinyasa Flow I and want to take your yoga experience to the next level, try Vinyasa Flow II. Vinyasa Flow II is a dynamic class that has a fluid style and increased intensity. The instructor will refine basic poses with specific alignment cues and introduce more complex poses with an emphasis on proper technique to effectively build strength and stamina. Instructor: August Greene

M 8/27–10/8 • 6:45–7:45 p.m. • Register by 9/2 • 350209-A
M 10/22–12/10 • 6:45–7:45 p.m. • Register by 10/28 • 350209-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.
Class does not meet 9/3—350209-A is \$50/non-member.
Class does not meet 11/19.

Yoga Core

Yoga Core is a unique and enjoyable blend of yoga and core exercises drawn from Pilates and dance conditioning, where participants develop strength, flexibility and integration through awareness in movement. Attention to breath coordination and alignment is emphasized to ensure you get the most out of this workout. This class is appropriate for able-bodied beginners as well as more experienced exercisers. Variations are presented to help you adapt movements to your fitness level. Instructor: Allana Radecki

Sa 9/1–10/13 • 9–10 a.m. • Register by 9/2 • 350210-A
Sa 10/27–12/15 • 9–10 a.m. • Register by 10/28 • 350210-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.
Class does not meet 11/24.

Yoga Stretch

A perfect complement for Vinyasa Flow, this class is for students of all fitness levels. Many of the poses are seated, supine or prone and are held with muscles relaxed for several minutes to target the connective tissues of the lower back, hips, and hamstrings. There is a focus on the breath, being present in the moment, relieving tension and letting go. Give yourself this opportunity to surrender, slow down and come back to balance.
Tu 8/28–10/9 • 5:30–6:30 p.m. • Register by 9/2 • 350211-A
Tu 10/23–12/11 • 5:30–6:30 p.m. • Register by 10/28 • 350211-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.
Class does not meet 11/20.

ZUMBA

Are you ready to party yourself into shape? That's exactly what ZUMBA is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that is moving millions of people toward joy and health. Instructor: Kristy LeVert

M 8/27–10/8 • 6:45–7:45 p.m. • Register by 9/2 • 350212-A
Th 8/30–10/11 • 6:45–7:45 p.m. • Register by 10/28 • 350212-B
M 10/22–12/10 • 6:45–7:45 p.m. • Register by 9/2 • 350212-C
Th 10/25–12/13 • 6:45–7:45 p.m. • Register by 10/28 • 350212-D
FREE/member, \$55/non-member • For ages 18 yrs. and up.
Class does not meet 9/3—350212-A is \$50/non-member.
Class does not meet 11/19 or 11/22.

ZUMBA Gold

ZUMBA Gold is a class of Latin-inspired dance aerobics for seniors and those new to ZUMBA. ZUMBA Gold goes at a slower pace, with more breaks and more instruction, but uses the same zesty ZUMBA music. You can't help but move in this class, and whether you choose a low-intensity or high-intensity option, it's a great workout! Can't stand for the whole program? Seated participants are welcome! Instructor: Krista Wilhelmsen
Sa 9/1–10/13 • 10:30–11:30 a.m. • Register by 9/2 • 350213-A
Sa 10/27–12/15 • 10:30–11:30 a.m. • Register by 10/28 • 350213-B
FREE/member, \$55/non-member • For ages 18 yrs. and up.
Class does not meet 11/24.



Healthy Heart Tip!

Involvement in sports and group activities help youth develop a variety of skills that they can rely on throughout their lives, such as: self-esteem, stress relief, and teamwork. Next time you're feeling stressed, try closing your eyes and taking five deep-breaths to help you slow down.

Sports & Fitness



EXCEL TAE KWON DO

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience. Some of her achievements include multiple National and Junior Olympic Championships in the AAU and USSSA organizations, AAU and USSSA National team member, and the first woman to be inducted in the USSSA Hall of Fame. The ultimate goal at Excel TKD is to mold future black belts into the best martial artists they can be. Instructor: Emeline O'Connor

Beginner—Tuesdays and Thursdays, 5:30–6:30 p.m.
8/28–10/11 • Register by 9/2 • 350214-A
10/23–12/13 • Register by 10/28 • 350214-C
For all ages.
Advanced—Tuesdays, 6:45–7:45 p.m. and Thursdays, 5:30–6:30 p.m.
8/28–10/11 • Register by 9/2 • 350214-B
10/23–12/13 • Register by 10/28 • 350214-D
For all ages.
\$55
Class does not meet 11/13–11/22.

Aerial Fitness Classes for Adults

ABA WINGS Adults

ABA WINGS Aerial Academy
Students progressively learn aerial skills increasing upper body and core strength, while achieving greater flexibility, range of motion, confidence, and stamina.
For ages 13 yrs. and up • ALL levels welcome! For more information or to register, email WINGSaerials@gmail.com or visit www.WINGSaerials.com.



Beginner–Pro • \$10–\$20 per class
Tuesdays and Thursdays • 10 a.m., 5 p.m., 6 p.m.
Saturdays • 1 p.m., and Sundays • 4 p.m.
Silks • Aerial Hoop • Trapeze • Aerial Yoga • Rope

Aerialogy

Aerial Silks • Aerial Yoga • Aerial Hoop
Are you ready for amazing total body workouts that build lean muscle, flexibility, and confidence? With Aerialogy's progressive training methods, even total beginners can learn aerial arts while getting in great shape.
For ages 13 yrs. and up.
For class information and registration, visit www.aerialogy.fitness.



Twin Lakes Recreation Center
btownparks



Pickleball

Admission \$8 per day; participation is free with your Twin Lakes Recreation Center membership. Occasionally, alternate programs are scheduled in the space ordinarily reserved for Pickleball. Contact the Twin Lakes Recreation Center at 349-3720 or stop by the front desk for updates on Pickleball schedule changes.

M, W, F • 9:30 a.m.–1 p.m.
Court 4

Outdoor Pickleball courts are also available at RCA Community Park. Outdoor courts are available for use on a first-come, first-served basis.

Adult Volleyball Leagues

Each match consists of three games. Matches are self-officiated. Each team must have at least two women on the court during play. Rosters may include an unlimited number of players, but all names must be submitted prior to the start of the first game. Team fees and are due prior to the registration deadline. Include the team captain's name and contact information upon registration. Each team is guaranteed a minimum of eight matches, which include a voluntary post-season single-elimination tournament. If you do not have a team but want to join the player pick-up list, fill out the online player pickup form: <http://tinyurl.com/pickuplist>. For more information, contact Chelsea Price at pricec@bloomington.in.gov.

September 4–mid December • 6–11 p.m.
\$150 • Register by 8/31 • For ages 18 yrs. and up.

4v4 League—Tuesdays only

Division I—Competitive • 350001-A
Division II—Competitive Recreational • 350001-B
Division III—Recreational • 350001-C

6v6 League—Thursdays only

Division I—Competitive • 350002-A
Division II—Competitive Recreational • 350002-B
Division III—Recreational • 350002-C

Registration is ongoing at bloomingtonsoccer.net.



Bloomington Soccer Adult Leagues

Leagues for all skills and ages. All games feature five field players and one goalkeeper. Games are 40 minutes. Seasons feature seven games (five for Early Fall Adult Rec and University League) and an end-of-season tournament.

Beginners—Divisions I and II
M 11/5–1/14 • 6:30–10:15 p.m.
\$675/team

Beginners
M 10/1–10/29 • 6:30–10:15 p.m.
\$325/team




University Premier
Su 10/28–12/9 • 7–10:30 p.m.
\$500/team

Early Fall Adult Rec
Tu 10/2–10/30 • 6:30–10:15 p.m.
\$325/team

Adult Rec Tuesday
Tu 11/6–1/15 • 6–10:30 p.m.
\$675/team, \$65/individual

Adult Rec Thursday
Th 11/8–1/17 • 6–10:30 p.m.
\$675/team

How to register: Choose one of four ways.

 <h2>ONLINE</h2> <p>Online registration available 24-7!</p> <p>Visit us at: bloomington.in.gov/parks Secured for credit card payment.</p> <p>VISA, MASTERCARD, or DISCOVER</p>	 <h2>WALK IN</h2> <p>Register in person by coming to the City of Bloomington Parks and Recreation office located in City Hall at 401 N. Morton St., Ste. 250, Monday-Friday, 8 a.m.-5 p.m.</p> <p>VISA, MASTERCARD, DISCOVER, CASH, CHECK, or MONEY ORDER</p>	 <h2>MAIL IN</h2> <p>Complete the registration form and send it to Bloomington Parks and Recreation 401 N. Morton St., Ste. 250 Bloomington, IN 47404 Registrations must be received before the deadline.</p> <p>CHECK or MONEY ORDER</p>	<h2>DROP OFF</h2> <p>A convenient drop box is located outside City Hall, at the "401" address doors. Drop off your registration after hours or whenever it's convenient for you. Make sure you drop off before the registration date.</p> <p>CHECK or MONEY ORDER</p>
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Am I a City of Bloomington Resident? A resident is any person who resides within the City's corporate limits. Do you pay Bloomington property taxes? Do you have a City of Bloomington trash pickup service? If you can answer "yes" to both of these questions, then you are a "City of Bloomington Resident." If you are in an apartment and unsure if the property is "in-city" we can verify by checking your address. Even if your mailing address is "Bloomington," it does not necessarily mean you are a City resident. Please call the City of Bloomington Parks and Recreation office at 349-3700 if you have residency questions.

FEES AND CHARGES City of Bloomington Parks and Recreation is a City of Bloomington department under the administration of the Mayor of Bloomington. City of Bloomington residents, through property taxes, make a significant contribution to the operation of the park system. Non-resident fees are charged so non-resident participants can fairly contribute to overall financing of the park system. Fees are listed separately for City of Bloomington residents and non-city residents. Residency verification may be requested.

WAIVER OF LIABILITY The City of Bloomington is not responsible for any injuries sustained as a result of participation in any department sponsored activity, or while using departmental facilities. It is recommended that **anyone** enrolled in a program or using facilities make provisions for adequate coverage within **their** own insurance plan.

LATE REGISTRATION Any registrations received after the deadline date may be subject to a late registration fee.

REFUND POLICY No refunds are provided after the first day of a program. All refunds are subject to a \$2 fee. If the \$2 charge does not cover costs incurred by the department, the refund may be pro-rated in addition to the \$2 charge. **There are no refunds on season passes.** Full refunds are given on all programs cancelled by City of Bloomington Parks and Recreation. Allow four weeks for refund requests to be processed.

REGISTRATION PROCEDURES **Complete** the registration form, online or hard copy, making sure all information is current and correct. Parent/guardian information is vital in the event of an emergency. Include all pertinent information, including the program code listed beside the program information. **Read and sign** the waiver statement located in the lower left area of the registration form. **Full payment** is required at the time of registration. See above for payment methods. Forms will be processed in the order received. **Register early!** All forms must be received by the registration deadline. City of Bloomington Parks and Recreation is not responsible for lost or late mail. **Registration receipts** will be mailed to you. This is not a guarantee of enrollment, but an acknowledgement of your registration. We will contact you by phone or mail if there is a problem with your registration.

PROGRAM REGISTRATION FORM

Name _____ Home Phone _____
(parent/guardian if participant is under 18 or under legal guardianship)

Street Address _____ Work Phone _____

City _____ State _____ Zip _____ Emergency Contact _____

City of Bloomington Resident? Yes No Email Address _____
(If you are unsure of your residency status, please call 349-3700)

How did you hear of this program? Program Guide Newspaper Flyer Friend Email Website Previous Participant Other _____

Participant Name	Gender	Birthdate	Shirt Size	Program Name	Class Code	Fee

Inclusive Service Request:

Reasonable accommodations are needed to participate in above program(s) related to specific needs associated with a disability. (circle one) **YES NO**
If **YES**, please complete an Inclusion Assessment and the Inclusive Recreation Coordinator will contact you. We request at least two weeks notification for reasonable accommodations requests. *In some cases reasonable accommodations may take longer.*

The undersigned is the adult Program Participant, or is the parent or legal guardian of the Program Participant. The undersigned hereby states that s/he understands the activities that will take place in this program, and that the Program Participant is physically and mentally able to participate in this program. The undersigned recognizes, as with any activity, there is risk of injury. In the event that the Program Participant sustains an injury in the course of the program, and the City of Bloomington Parks and Recreation Department is unable to contact the appropriate person(s) to obtain consent for treatment, the City of Bloomington Parks and Recreation Department and/or its employees or volunteers are authorized to take reasonable steps to obtain appropriate medical treatment. The Program Participant and/or his/her parent or legal guardian shall be responsible for the cost of such treatment. The Undersigned now releases the City of Bloomington, the Bloomington Parks and Recreation Department, its employees, agents, and assigns, from any claims including, but not limited to, personal injuries or damage to property caused by or having any relation to this activity. It is understood that this release applies to any present or future injuries and that it binds the Undersigned, Undersigned's spouse, heirs, executors and administrators. The Program Participant may be photographed and videotaped while participating in Parks and Recreation activities, and consent is given for the reproduction of such photos or videos for advertising and publicity.

I have read this release and understand all of its terms. I agree with its terms and sign it voluntarily.

Signature (parent/guardian if participant is under 18 or under legal guardianship)

Date

Include Your Voluntary Donation to the Bloomington Parks & Recreation Department	\$1 _____
<input type="checkbox"/> Community Garden Fund	\$3 _____
<input type="checkbox"/> Bloomington Tree Fund	\$5 _____
<input type="checkbox"/> Greatest need	Other \$ _____
Total Enclosed	\$ _____

Make check or money order payable to:

City of Bloomington

Mail registrations to:

**City of Bloomington
Parks and Recreation
401 N. Morton Street, Ste. 250,
Bloomington IN 47404**

Memberships*

Type	Automatic Monthly Debit**	Monthly	Six months***	12 month***
Student <i>Under 18 yrs. or with valid college or university ID</i>	\$30/month Automatically debited from your bank account each month.	\$30/month Payable by cash, check, or credit card each month at the TLRC.	\$155 One up-front payment. Savings of \$25 over monthly rate.	\$270 One up-front payment. Savings of \$90 over monthly rate.
Adult	\$35/month Automatically debited from your bank account each month.	\$40/month Payable by cash, check, or credit card each month at the TLRC.	\$200 One up-front payment. Savings of \$40 over monthly rate.	\$360 One up-front payment. Savings of \$120 over monthly rate.
Senior <i>age 60 yrs. and up</i>	\$30/month Automatically debited from your bank account each month.	\$35/month Payable by cash, check, or credit card each month at the TLRC.	\$175 One up-front payment. Savings of \$35 over monthly rate.	\$315 One up-front payment. Savings of \$105 over monthly rate.
Two Person <i>Must reside in the same household.</i>	\$55/month Automatically debited from your bank account each month.	\$60/month Payable by cash, check, or credit card each month at the TLRC.	\$300 One up-front payment. Savings of \$60 over monthly rate.	\$540 One up-front payment. Savings of \$180 over monthly rate.
Two Seniors <i>age 60 yrs. and up. Must reside in the same household.</i>	\$45/month Automatically debited from your bank account each month.	\$50/month Payable by cash, check, or credit card each month at the TLRC.	\$250 One up-front payment. Savings of \$50 over monthly rate.	\$450 One up-front payment. Savings of \$150 over monthly rate.
Family <i>Max. 2 adults and dependent children living in the same household</i>	\$65/month Automatically debited from your bank account each month.	\$70/month Payable by cash, check, or credit card each month at the TLRC.	\$350 One up-front payment. Savings of \$70 over monthly rate.	\$630 One up-front payment. Savings of \$210 over monthly rate.

*There is a one-time capital fee of \$20 for each new member.

**Automatic Monthly Debit requires a 12-month commitment. Cancelling before the 12-month commitment is reached will result in a \$20 early termination fee.

***Automatic Monthly Debit, Six-month and 12-month memberships can be put on freeze for up to three months in a 12-month period.

Membership benefits

The Twin Lakes Recreation Center provides members with many choices to create a wellness plan that offers variety and challenge. Stop by and see how the TLRC can be a part of your fitness goals. Membership benefits include:

- Indoor ½-mile rubberized track
- Five basketball courts
- Indoor turf field
- Expanded weight room
- Updated cardio studio
- Two group exercise studios
- FREE group exercise for members
- Discounted personal training packages
- Renovated restrooms and locker rooms

Facility rental (per hour)

Party Room	\$45
Program Room	\$45
Studio A	\$65
Studio B	\$60
Basketball practice/court	\$30/hour
Basketball competition/tournament	\$40/per court/per hour
Turf field non-prime (April–September)	\$70/hour
Turf field prime (October–March)	\$100/hour
Entire Lower Level	\$155/hour

Party Room Rental at Twin Lakes Recreation Center

Party Room rental includes tables and chairs. Decorating, setup, and cleanup must be done during the rental time, or additional time can be added. Renters are responsible for their own decorations, party supplies, tableware, food service utensils, and equipment (e.g. basketballs, footballs, and soccer balls).

\$45/hour for use of the party room only

\$65/hour includes use of one basketball court

\$80/hour includes use of Studio A or B

\$105/hour includes use of the turf (April–September)

\$130/hour includes use of the turf (October–March)

The studios offer wood floors and full-length mirrors. Court, turf, and studio room rental time runs simultaneously with the party room rental time.

For more information on booking a party, call 349-3720. Rental fees MUST be paid in full at the time of the reservation to secure the date.